



Program Services

- Individual Health and Fitness Assessment
- Customized Exercise Prescription by a degreed and certified exercise specialist.
- Safe exercise progression directed toward achievement of the physician-directed goals
- Introductory consultation with a registered dietitian
- Access to a variety of free health education programs, including healthy cooking classes
- Land and Aquatics group exercise classes suitable for people of all physical abilities
- Supervised Exercise

Program Benefits

- Reduce Blood Pressure and Cholesterol
- Weight Loss
- Improved Cardio-respiratory fitness
- Increased Bone Density
- Improved Muscular Strength and Endurance
- Reduced Stress
- Improved Sleep

How do I get started?

Entry into LIFT's Exercise is Medicine program begins with a referral from your physician, physical therapist or other healthcare provider. For your convenience, a copy of the referral form is located inside this brochure.

For more information, contact the LIFT Wellness Center at 731-425-6875 or LIFTcenter@wth.org

Program Overview

One of the most important decisions a person will make regarding their overall health is to incorporate physical activity into their lifestyle. We understand that the encouragement from a physician may be the greatest influence on a patient's decision to make a lifestyle change.

Exercise is Medicine is an initiative of the American College of Sports Medicine and the American Medical Association. This program is a quick, simple, and effective process for a person to get on track to improve their overall health and well being.

Exercise is Medicine Programs

Diabetes Fitness

Osteoporosis Fitness

Cancer Fitness

Pre-Surgery Fitness

Post-Rehab/Orthopedic Fitness

Medical Fitness

Phase III Cardiac Rehab

The Exercise is Medicine program is housed inside of the **LIFT Wellness Center**, located only 2 miles south from Jackson-Madison County General Hospital.

Hours of Operation:

Monday-Thursday	5:00 a.m. - 10:00 p.m.
Friday	5:00 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 6:00 pm.
Sunday	11:00 a.m. - 6:00 p.m.

**Exercise
is Medicine[®]**
**AMERICAN COLLEGE
of SPORTS MEDICINE[®]**



**A Program Designed for Individuals
with or at risk for:**

- Obesity
- Diabetes
- High Blood Pressure
- Cancer
- Arthritis
- Osteoporosis
- Other Conditions Associated with Physical Inactivity

LIFT+
WELLNESS CENTER

Exercise Prescription & Referral Form

101 Jackson Walk Plaza | Jackson, Tennessee 38301 | 731-425-6875 | FAX: 731-425-6878

Patient's Name: _____ DOB: _____ Date: _____

Phone Number: _____ BP: _____ Weight: _____

Primary Diagnosis/Secondary Diagnosis: _____

Health Care Provider's/Physician's Name: _____

Health Care Provider's/Physician's Signature: _____

Office Number: _____

Program Recommendations

- Better Bones (osteoporosis program)
- Next Step (post-physical therapy program)
- Joint Effort (pre-joint replacement program)
- Diabetes Management program
- Cancer Fitness program
- Cardiac Phase III program
- Medically Fit (other medical conditions)
- Dietitian Referral

Restrictions/Other information: _____

- I would like a copy of patient fitness consultation results/program

Follow-up Appointment Date: _____

PHYSICAL ACTIVITY GUIDELINES

- Adults ages 18-64 with no chronic conditions: Minimum of 150 minutes of moderate physical activity per week (i.e., 30 minutes per day, five days a week) and muscle-strengthening activities on two or more days per week (2008 Physical Guidelines for Americans).
 - This is not an insurance-covered program.
- For more information, visit www.acsm.org/physicalactivity.

**For more information about Exercise is Medicine and other programs offered at the
LIFT Wellness Center, call 731-425-6875 or email LIFTcenter@wth.org.**



West Tennessee
HEALTHCARE™